

**Many adults don't know they need immunizations for protection against serious, but preventable diseases.**

Your age, health conditions, job, and lifestyle determine which immunizations you need.

If you are 60 or older, ask your healthcare provider about these immunizations:

- Flu
- Pneumococcal
- Shingles
- Tetanus, diphtheria, pertussis/whooping cough
- Travel Immunizations



### **Where can I get immunizations?**

- Your healthcare provider's office
- Your local pharmacy, and
- Some local health departments:  
[www.doh.wa.gov/localhealth](http://www.doh.wa.gov/localhealth)

For help finding an immunization provider, call the Family Health Hotline at 1-800-322-2588.

### **Need more information?**

Check out these organizations:

- Washington State Department of Health:  
[www.doh.wa.gov/Immunization](http://www.doh.wa.gov/Immunization)
- Immunization Action Coalition of Washington: [www.immunizewa.org](http://www.immunizewa.org)
- Centers for Disease Control & Prevention:  
[www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults)
- U.S. Department of Health and Human Services: [www.vaccines.gov](http://www.vaccines.gov)



**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND  
HEALTHIER WASHINGTON

If you have a disability and need this document in another format, please call 1-800-525-0127  
TDD/TTY call 711. DOH 348-107 March 2013



Are you  
**60**  
or older?

## **Get immunized.**

*Protect yourself. Protect your family.*





# If you are 60 or older, ask your healthcare provider about these immunizations

## Flu

The flu vaccine is recommended each year for everyone 6 months and older.

The flu virus spreads easily by coughing and sneezing. The flu causes fever, headache, muscle aches, weakness, sore throat, runny nose, and cough. It can lead to pneumonia, hospitalization, and even death. People 65 and older are at higher risk of serious illness and death if they get the flu.

## Pneumococcal

One dose of the pneumococcal vaccine is recommended for:

- All people aged 65 and older
- People with chronic illnesses, like diabetes, heart, lung, and kidney diseases
- People with weakened immune systems

Certain people need more than one dose of pneumococcal vaccine, including people:

- Who were younger than 65 when they got their first pneumococcal shot
- Who have had an organ transplant
- With chronic kidney disease
- With weakened immune systems

Pneumococcal bacteria can cause pneumonia, blood infections, and meningitis (swelling of the lining of the brain and spinal cord). Most pneumococcal disease cases in the U.S. are in adults and the elderly are the most vulnerable.

## Tetanus, diphtheria, and pertussis/whooping cough

Tdap vaccine is recommended for all adults. A tetanus booster is recommended every 10 years.

**Tetanus** lives in soil and can get in the body through cuts and puncture wounds. It causes muscle spasms, breathing problems, and death.

**Diphtheria** spreads by coughing and sneezing. It causes sore throat, mild fever, and can completely block a person's airway. Diphtheria can also cause heart problems, coma, paralysis, and death.

**Whooping cough** spreads by coughing and sneezing. It causes severe coughing spells that can lead to broken ribs, pneumonia, seizures, brain damage, and death. Babies are at highest risk from pertussis.

**If you are in contact with babies and young children, make sure you get a whooping cough shot.**

## Shingles

The shingles vaccine is recommended for all adults 60 and older. You should get the shingles vaccine even if you have had shingles or chickenpox, which is caused by the same virus.

Shingles virus causes a painful skin rash. One out of five people with shingles has severe pain that continues even after the rash goes away.

Shingles can also cause fever, headache, chills, and upset stomach. Very rarely, it can lead to pneumonia, hearing problems, blindness, brain swelling, and death.

## Travel Immunizations

You may need other immunizations if you travel outside the U.S.

Find immunizations recommendations for your destination at: [www.cdc.gov/travel](http://www.cdc.gov/travel)

